

#teamabbey's tips to support your mental health



We can all feel overwhelmed at times. Stress is not always bad as long as it's manageable. When we are stressed it can impact on how we **THINK, FEEL** and **BEHAVE**. They then impact on each other. You can change this downward spiral.

We know that 10% of teenagers are dealing with very distressing events in their lives.

If so, please talk to someone to help you to think it through and get support.

Check out

Useful Links for Mental Health & Wellbeing section of website.

You could also try the 'Calm' app. Just ask a staff member, and we can set you up an account.

Look after yourself

Sleep makes such a difference to how we feel. Make sure you are getting enough.

Exercise is good for your body and mental health.

Good food is good for your mood

Talk to others

Sometimes it can feel like no one understands, or can help.

Talking to people we trust can help us to make sense of our thoughts and feelings.

We might feel sad, angry, or anxious

We might avoid certain situations, behave aggressively or disengage

We might think we aren't good enough, that no one likes us or we can't cope

Practice relaxation

Count down slowly from 10 to 0.

With each number take one complete breath, inhaling and exhaling. Breathe in deeply and breathe out

Do things you enjoy

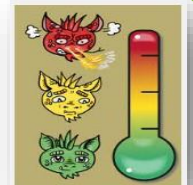
Having fun can really boost our wellbeing



Notice changes in your mood

Just noticing changes in our mood can help us understand which situations cause us to feel rubbish and why that might be.

You could try writing a diary.



Ask for help You can talk to:

- Your Class Team
- The Wellbeing Team
- Use your Listen Up Card
- Your Head of Department
- Mrs. Windle
- Mr. Askham